

New River Middle

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Breaded Mini Chicken Fillet** 111 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Strawberry Nutrigrain Bar 150 cal
 - Pears, Cup 70 cal
 - Orange Juice 90 cal

- 6**
- Mini Waffles** 179 cal
 - Yogurt Parfait w/ Strawberry 228 cal
 - Breakfast Biscuit 106 cal
 - Applesauce Cup 50 cal

- 7**
- Breakfast, Egg Patty & Cheese on a Croissant** 197 cal
 - Flavored Yogurt Cup 90 cal
 - Croissant Roll 111 cal
 - Chilled Peaches 63 cal
 - Fresh Banana (Ripe) 161 cal

- 1**
- Cinnamon French Toast Sticks** 338 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Pineapple Tidbits Cup 60 cal
 - Fresh Apple Slices 29 cal

- 2**
- Breakfast, Cheese Omelet** 110 cal
 - Pop Tart & Cheese 268 cal
 - Croissant Roll 111 cal
 - Deli Roasted Potatoes 104 cal
 - Fresh Sliced Orange 66 cal

No menu published

- 13**
- Buttermilk Pancakes** 147 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Chilled Pears 63 cal
 - Apple Juice 90 cal

- 14**
- Breakfast Pizza** 180 cal
 - Parfait, Blueberry w/Cheese Stick 313 cal
 - Breakfast Biscuit 106 cal
 - Chilled Mixed Fruit 62 cal
 - Fresh Banana (Ripe) 161 cal

- 15**
- Cinnamon French Toast Sticks** 338 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Peach Cup 70 cal
 - Fresh Apple Slices 29 cal

- 16**
- Hard Boiled Egg** 78 cal
 - Pop Tart & Cheese 268 cal
 - Breakfast Biscuit 106 cal
 - Deli Roasted Potatoes 104 cal
 - Fresh Sliced Orange 66 cal

- 19**
- Breaded Mini Chicken Fillet** 111 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Strawberry Nutrigrain Bar 150 cal
 - Mandarin Oranges Cup 74 cal
 - Apple Juice 90 cal

- 20**
- Guava Pastry Bites & Cheese Bites** 272 cal
 - Yogurt Parfait w/ Strawberry 228 cal
 - Breakfast Biscuit 106 cal
 - Chilled Mixed Fruit 62 cal
 - Applesauce Cup 50 cal

- 21**
- Breakfast, Egg Patty & Cheese on a Croissant** 197 cal
 - Flavored Yogurt Cup 90 cal
 - Croissant Roll 111 cal
 - Chilled Peaches 63 cal
 - Fresh Banana (Ripe) 161 cal

- 22**
- Cinnamon French Toast Sticks** 338 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Chilled Pears 63 cal
 - Fresh Apple Slices 29 cal

- 23**
- Breakfast Bacon, Egg & Cheese Taco** 190 cal
 - Pop Tart & Cheese 268 cal
 - Breakfast Biscuit 106 cal
 - Baby Cakes Hash Browns 130 cal
 - Fresh Sliced Orange 66 cal

- 26**
- Pork Sausage Patty** 70 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Strawberry Nutrigrain Bar 150 cal
 - Peach Cup 70 cal
 - Cinnamon Applesauce Cup 50 cal

- 27**
- Breakfast Chicken & Waffles** 200 cal
 - Yogurt Parfait w/ Strawberry 228 cal
 - Breakfast Biscuit 106 cal
 - Chilled Pears 63 cal
 - Orange Juice 90 cal

- 28**
- Hard Boiled Egg** 78 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Breakfast Bagel 149 cal
 - Chilled Mixed Fruit 62 cal
 - Fresh Banana (Ripe) 161 cal

- 29**
- Cinnamon French Toast Sticks** 338 cal
 - Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Pineapple Tidbits Cup 60 cal
 - Fresh Apple Slices 29 cal

- 30**
- Breakfast, Cheese Omelet** 110 cal
 - Pop Tart & Cheese 268 cal
 - Croissant Roll 111 cal
 - Deli Roasted Potatoes 104 cal
 - Fresh Mandarin 98 cal

Served every day

- Assorted Cereal
- Milk